

This Page Is Inserted by IFW Operations  
and is not a part of the Official Record

## **BEST AVAILABLE IMAGES**

Defective images within this document are accurate representations of the original documents submitted by the applicant.

Defects in the images may include (but are not limited to):

- BLACK BORDERS
- TEXT CUT OFF AT TOP, BOTTOM OR SIDES
- FADED TEXT
- ILLEGIBLE TEXT
- SKEWED/SLANTED IMAGES
- COLORED PHOTOS
- BLACK OR VERY BLACK AND WHITE DARK PHOTOS
- GRAY SCALE DOCUMENTS

**IMAGES ARE BEST AVAILABLE COPY.**

**As rescanning documents *will not* correct images,  
please do not report the images to the  
Image Problem Mailbox.**

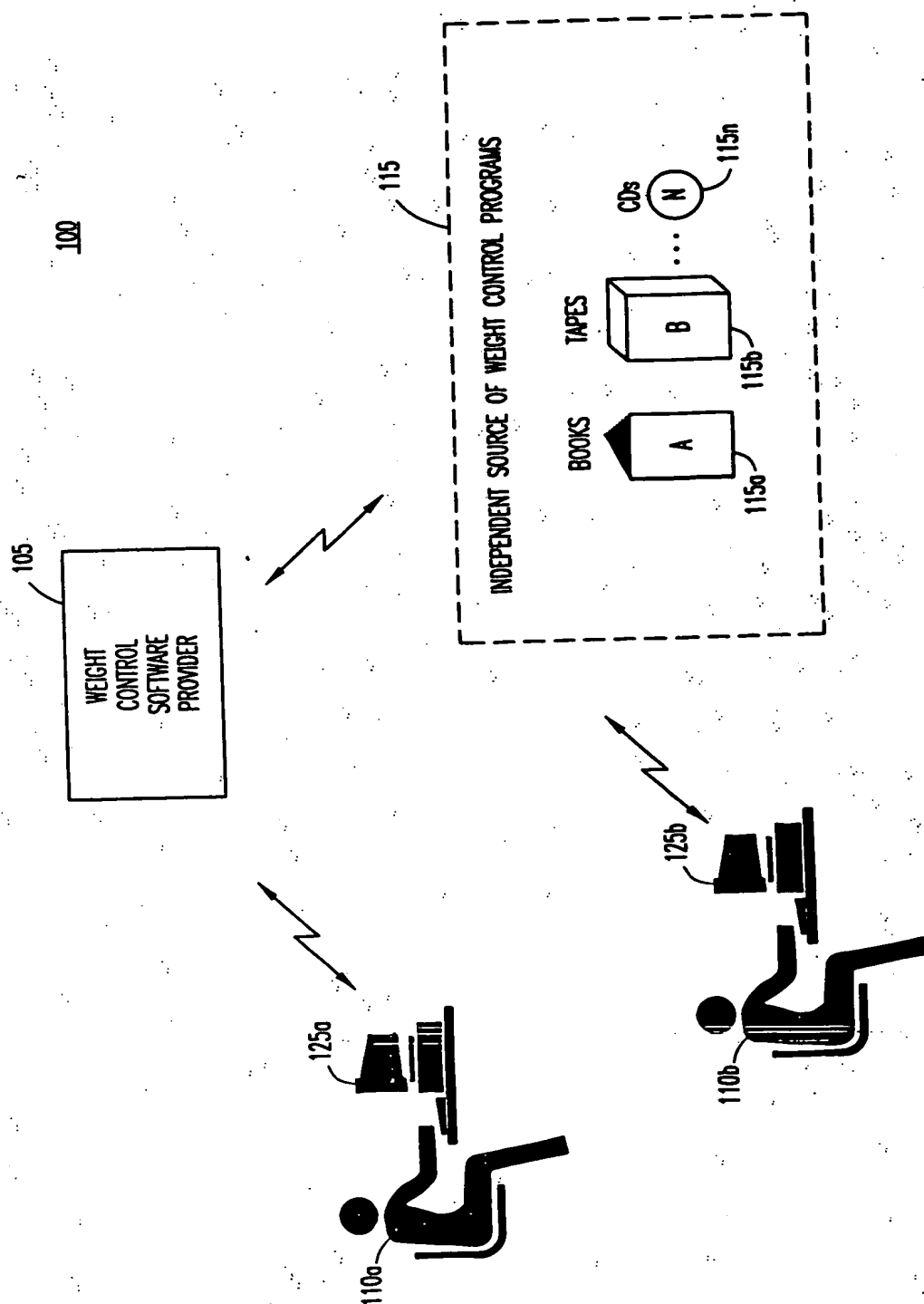


FIG. 1

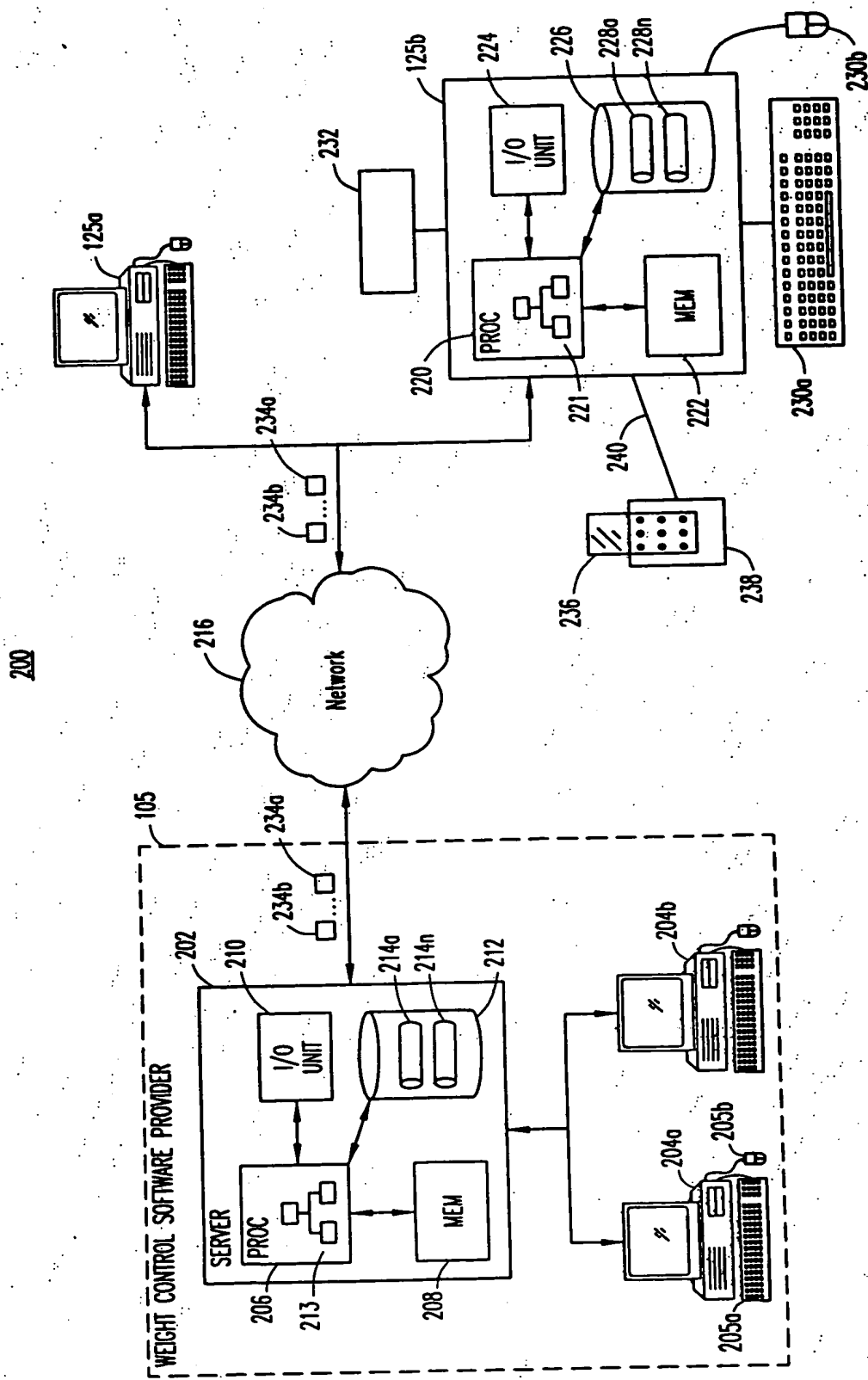


FIG. 2

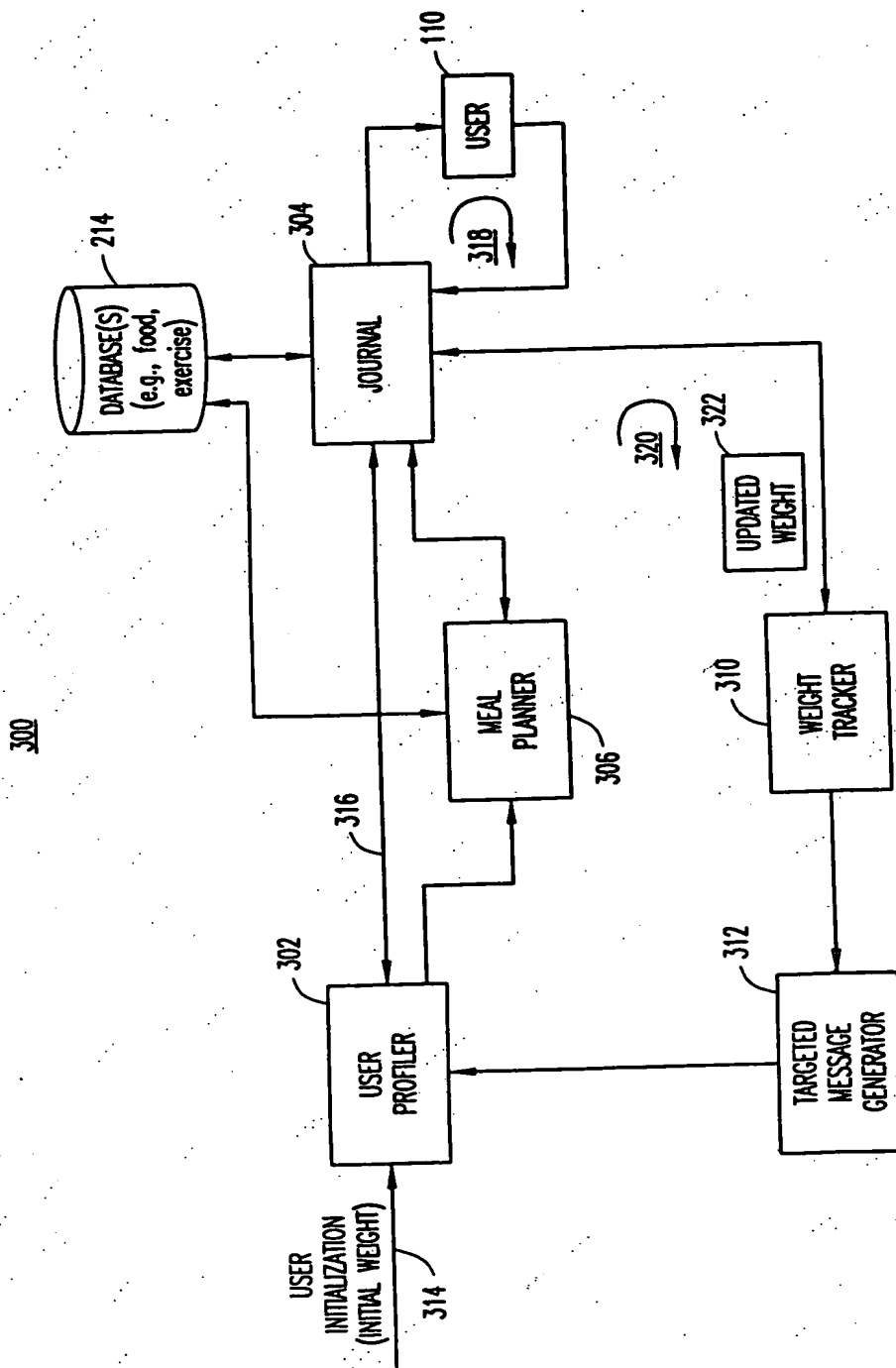


FIG. 3

4/28

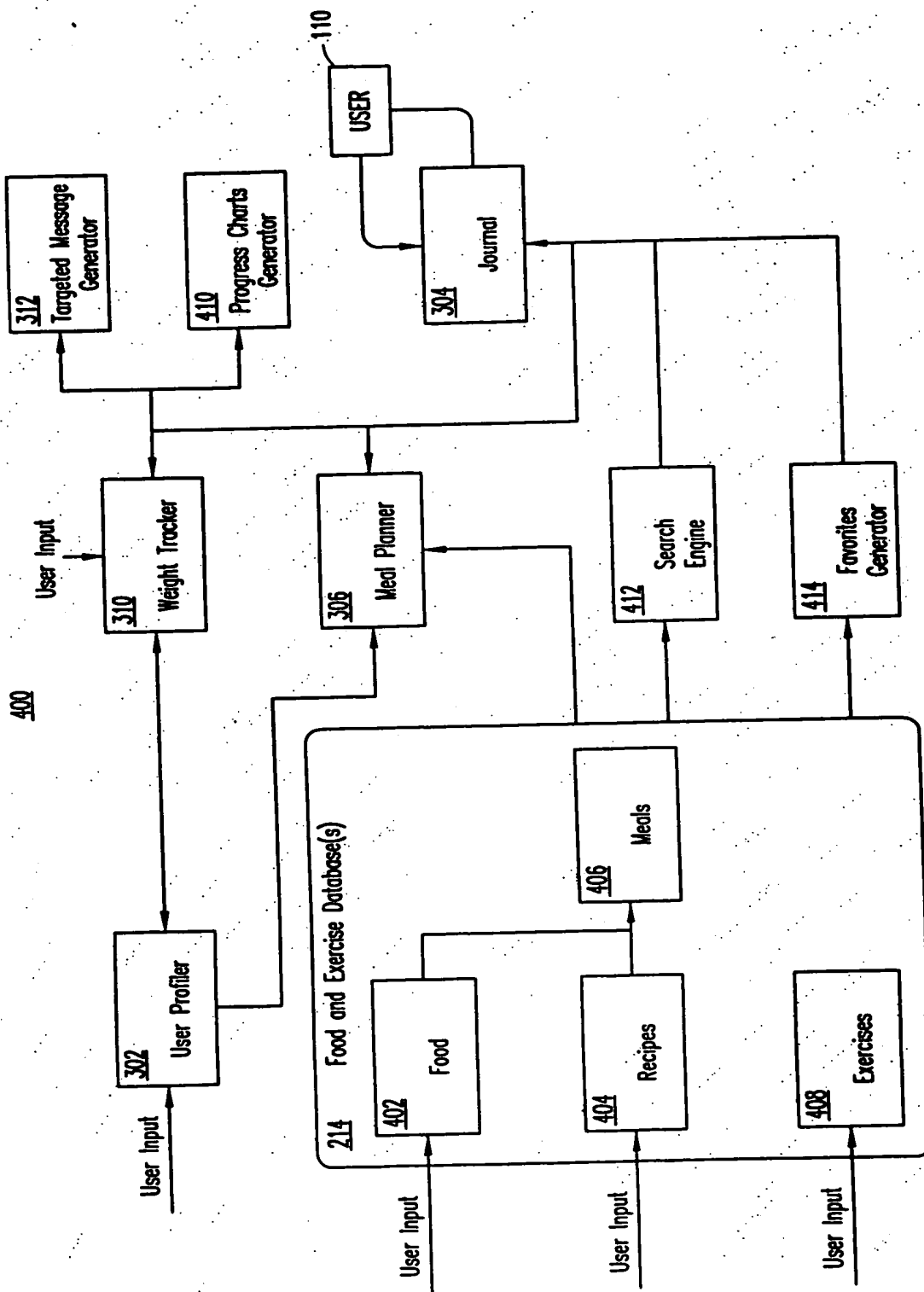


FIG. 4

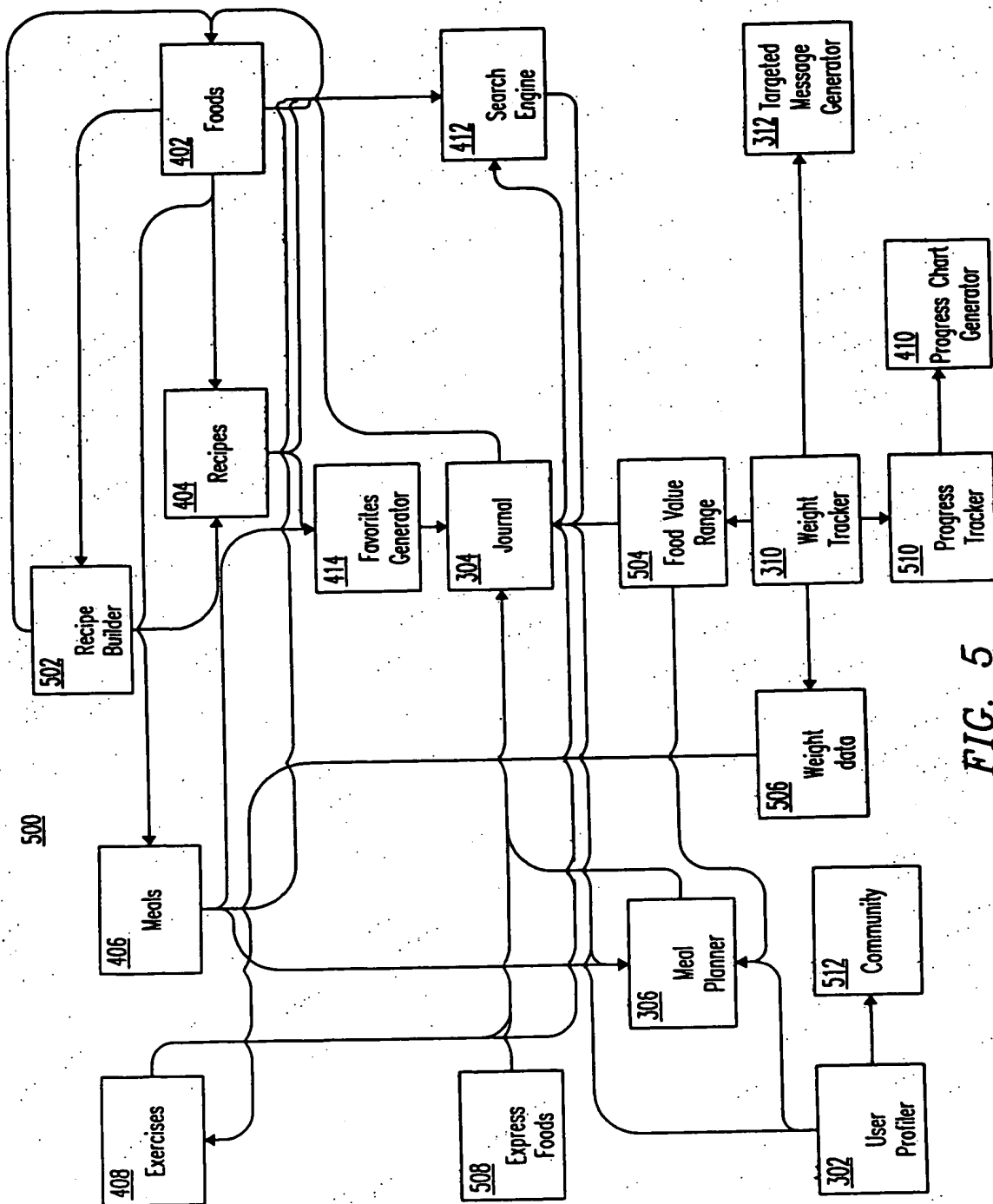


FIG. 5

6/28

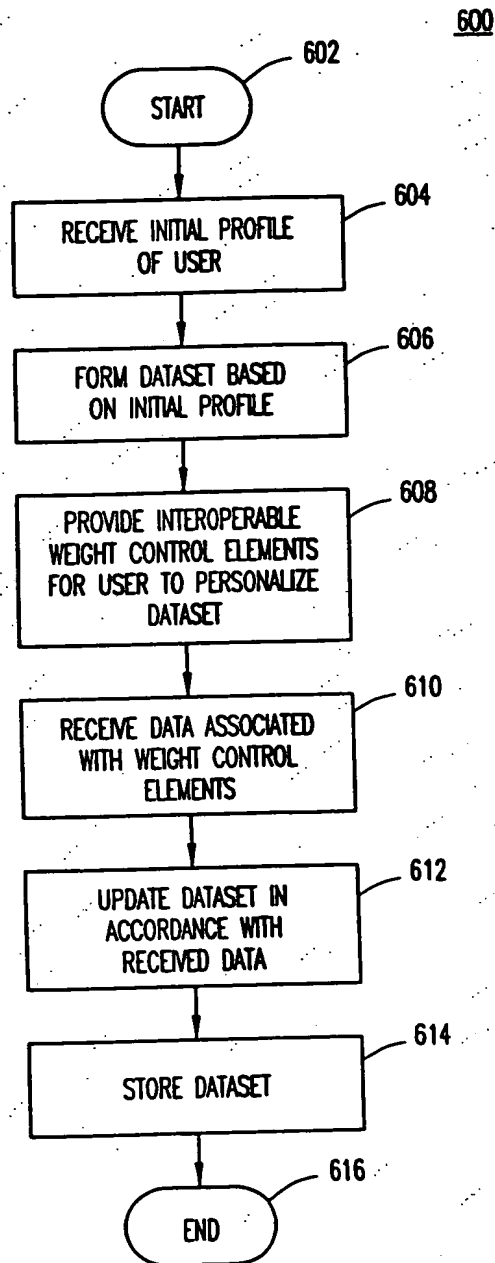


FIG. 6

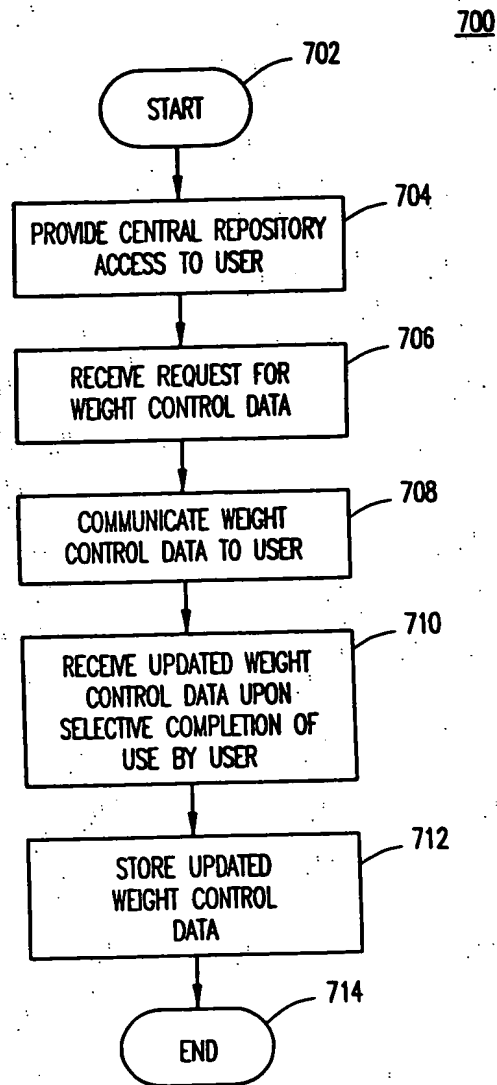


FIG. 7



8/28

806 home 800 the plan 802 find a meeting | about us | my profile | site map | help 804 LOGIN  
community success stories food & recipes healthy life fitness just for me shop 808 panic  
Journal | Weight Tracker | Progress Charts | My Favorites | POINTS® Calculators | Assessment | Tools for Living 826

## step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

### Current Weight Information

Current Weight: 223lb  
Height: 5'8"  
Gender: M  
Birthdate: 7/14/1966

[Make changes to Weight Information](#)

---

<h4>Personal Information</h4> <p>First name: John Last name: Smith Address: 1 MAIN ST. City: Anytown State: NY Zip code home: 12345 Zip code work: 12346 Country: United States Phone: (212) 555-1234 E-mail: jsmith@workplace.com Receive Information: No E-mail Weight Loss Progress: No E-mail Format: text Profession: Professional (e.g., doctor, lawyer) Marital status: Single Number of children: 0 Lifetime Member: 98765 Meeting Member number: 98765</p> <p><a href="#">Make changes to Personal Information</a></p>	<h4>Other Characteristics</h4> <p>Attitude: Generally Happy Athletic: Yes Eye color: Blue Hair color: Brown</p> <h4>Other Demographics</h4> <p>Race: Caucasian Religion: Catholic Ethnicity: Irish Blood type: A+</p> <h4>Health Restrictions</h4> <p>None</p> <h4>Desired Meal Plan Type</h4> <p>Regular</p>
---	---

---

#### Payment Information

Credit Card: Visa  
Credit card number: \*\*\*\*\*1111  
Expiration date: 2/2002  
Name as it appears on the card: John Q Smith  
Billing Address: 1 MAIN ST.  
City: Anytown  
State: NY  
Zip code: 12345

[Make changes to Payment Information](#)

---

#### Total Subscription Charges for

Monthly Fee: \$8.00 x 6 = \$48.00  
Savings/Discount: \$0.00  
Taxes: \$0.00  
Total Charges: \$48.00

FIG. 8

9/28

900a

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address http://

802 find a meeting about us my profile site map help LOGOUT

806 806b

home my plan community success stories food & recipes healthy life fitness just for me shop

Journal Weight Tracker Progress Charts My Favorites POINTS Calculators Assessment Tools for Living Intro to eTools 808

808a

914

my journal 904a Friday, Jan 25, 2002 Target: 27 Range: 22-27 Bank: 3 906

904b 904c 904d

Add Food Add Exercise Notes Calendar

Step 1: Select a meal time: 920 Morning Midday Evening Snack

Step 2: To add food, you can either:

- Search our food database:
- Select a favorite:
- Express it! Enter your food and its POINTS value: Food:  POINTS:

POINTS Calculator

Need Help? Go to the Journal User Guide Find tips from others on the Weight Watchers eTools Tip Exchange

DELETE CHECKED ITEMS 918

910 Total Food POINTS used 24

Morning 912

<input type="checkbox"/> 1 medium pear(s)	1
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup General Mills Whole Grain Total	1
<input type="checkbox"/> 6 average almonds	1
MAKE THIS MEAL A FAVORITE	Subtotal 5
Midday	
<input type="checkbox"/> 6 oz baked potato	3
<input type="checkbox"/> 1 oz low-fat cheddar or colby cheese	1
<input type="checkbox"/> 1/2 cup cooked broccoli	0
<input type="checkbox"/> 2 cup mixed greens	0
<input type="checkbox"/> 1 tsp olive oil	1
<input type="checkbox"/> 1tbsp vinegar	0
<input type="checkbox"/> 1 medium orange(s)	1
MAKE THIS MEAL A FAVORITE	Subtotal 6

Internet

FIG. 9

10/28

1000

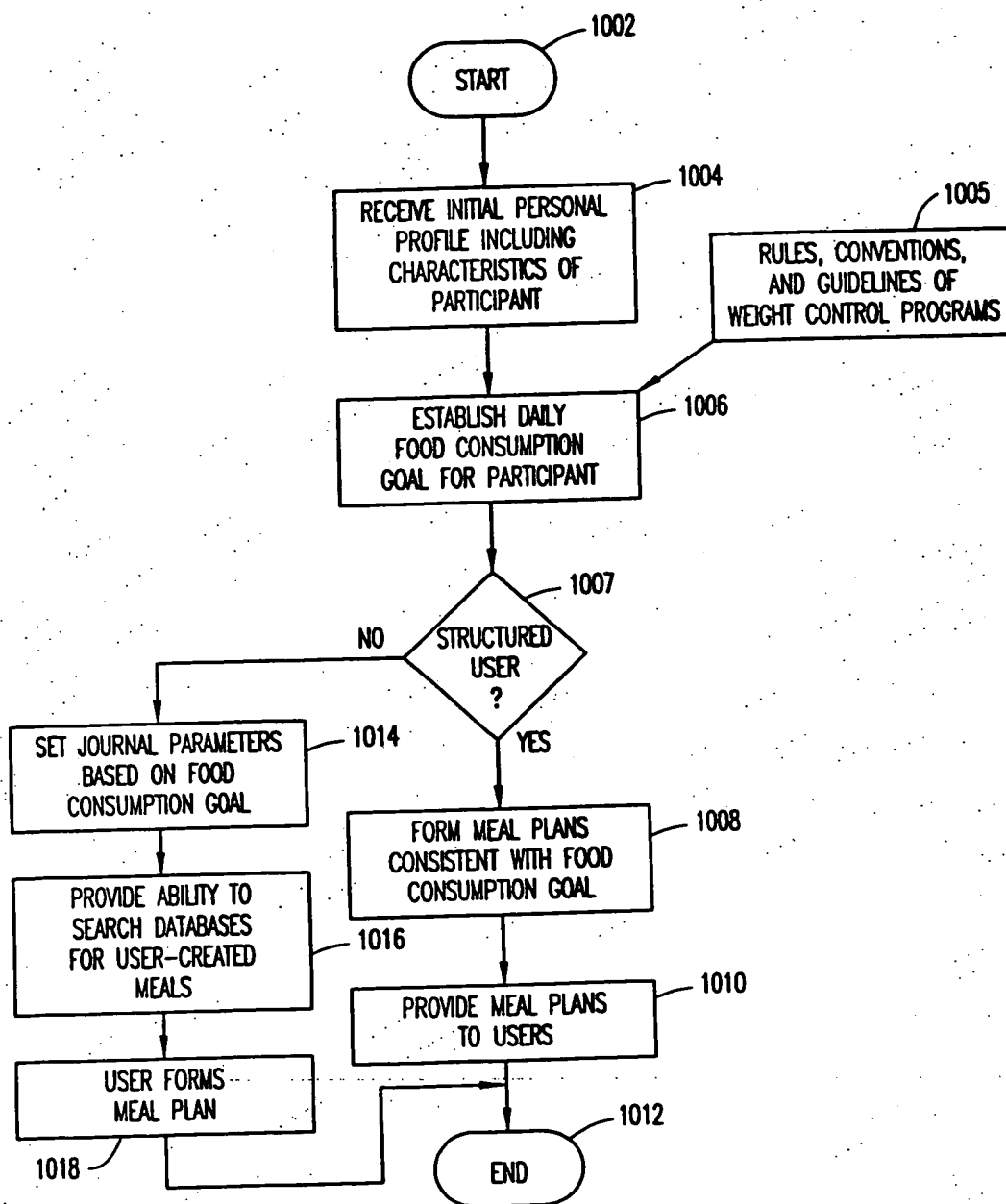


FIG. 10

11/28

900b

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://>

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#) [panic](#)

[Journal](#) [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS<sup>®</sup> Calculator](#) [Assessment](#) [Tools for Living](#) [Intro to eTools](#)

my journal [Friday, Jan 25, 2002](#) [Target: 27](#) [Range: 22-27](#) [Bank: 3](#) [print day](#) [print blank journal](#) [user guide](#)

904b 906

Add Food Add Exercise Notes Calendar

Step 1: To add an exercise, you can either:

- Search our exercise database or view all activities:
- Select a favorite:
- Express It! Enter your food and its POINTS value:

1104   1106

Food:  POINTS:

1102

<input type="checkbox"/> 3/4 cup cooked brown rice	3
<input type="button" value="MAKE THIS MEAL A FAVORITE"/>	Subtotal 8
Snack	
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup sugar-free fruit flavored gelatin	0
<input type="checkbox"/> 2 Tbsp aerosol whipped cream	0
<input type="checkbox"/> 1 Tbsp sprinkles	1
<input type="checkbox"/> 3/4 oz chocolate chips	2
<input type="button" value="MAKE THIS MEAL A FAVORITE"/>	Subtotal 5
Total Food POINTS used 24	
Total Food POINTS left for today 3	
Exercise	
<input type="checkbox"/> 30 min walking, leisure	1
Total Activity POINTS earned 1	
Check off daily on these important items	
Water	Multivitamin Supplement

Internet

FIG. 11

900c

FIG. 12

*FIG. 12*

900d

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://> Go

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#) [panic](#)

[Journal](#) [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS<sup>®</sup>](#) [Calculators](#) [Assessment](#) [Tools for Living](#) [Intro to eTools](#)

my journal [Friday, Jan 25, 2002](#) Target: 27 Range: 22-27 Bank: 0 906

[Add Food](#) [Add Exercise](#) [Notes](#) [Calendar](#)

Click on any date below to view your journal entries for that specific day. To view a different month, click on the forward or back arrows.

Calendar Key

- Today's date
- The journal day you are viewing
- Your scheduled weight tracking day
- journal is complete: POINTS are banked!

Need Help? Go to the [Journal User Guide](#)

Find tips from others on the [eTools Tip Exchange](#)

DELETE CHECKED ITEMS SAVE & BANK

☐ Check All Total Food POINTS used 24

Morning

☐ 3 slice(s) crisp cooked bacon 4

☐ 2 large fried egg(s) 5

MAKE THIS MEAL A FAVORITE Subtotal 9

Midday

☐ 1 small serving(s) cooked lean beef steak 7

☐ 1 cup(s) fruit salad 2

MAKE THIS MEAL A FAVORITE Subtotal 9

Evening

Subtotal 0

Snack

Subtotal 0

Total Food POINTS used 18

Total Food POINTS left for today 9

Exercise

Internet

FIG. 13

14/28

1400

806e

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#) [panic](#)

[Articles](#) [Recipes](#) [Meal Plans](#) [Recipe Renovation](#) [Recipe Search](#) [Recipe Builder](#)

[my shortcuts](#) [LOGOUT](#)  
to weight loss tools.

Welcome Kevin!  
[I'm not Kevin](#) [edit profile](#)  
[Pick my online](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

[Intro to eTools](#)

[Tools for Living](#)

[Hot eTools Topic of the Week](#)

[Eating Out Guide](#)

[eTools Tip](#)

[Exchange](#)

[Favorite Recipes](#)

[Favorite Boards](#)

MY MEETINGS

75202 [edit](#)

Enter a zip code below

[Don't know zip code](#)

MY NEWSLETTER & MORE

[Choose your options](#)

GET HELP

[Frequently Asked Questions](#)

[Contact Us](#)

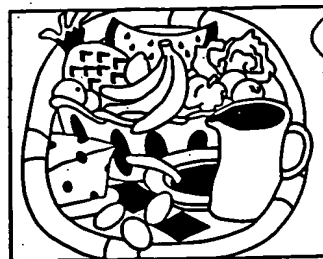
## meal plans my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[view next week's plan](#) [see Daily View](#) [print](#)

Jan 23 - Jan 29

[add plan to my journal](#)



	POINTS		POINTS
<input checked="" type="checkbox"/> <b>WEDNESDAY</b>	23	<input checked="" type="checkbox"/> <b>FRIDAY</b>	24
<input type="checkbox"/> <b>MORNING:</b>		<input checked="" type="checkbox"/> <b>MORNING:</b>	
<input type="checkbox"/> Cheese Omelet	6	<input checked="" type="checkbox"/> Yogurt Topped Fruit	5
<input checked="" type="checkbox"/> <b>MIDDAY:</b>		<input checked="" type="checkbox"/> <b>MIDDAY:</b>	
<input checked="" type="checkbox"/> Veggie Chili	5	<input checked="" type="checkbox"/> Cheese & Broc...	6
<input checked="" type="checkbox"/> <b>EVENING:</b>		<input checked="" type="checkbox"/> <b>EVENING:</b>	
<input checked="" type="checkbox"/> Apricot Turkey Br...	7	<input checked="" type="checkbox"/> Spicy Pork Sauté	8
<input checked="" type="checkbox"/> <b>SNACK:</b>		<input checked="" type="checkbox"/> <b>SNACK:</b>	
<input checked="" type="checkbox"/> Snacks and Treats	5	<input checked="" type="checkbox"/> Savory Snacks	5
<input checked="" type="checkbox"/> <b>THURSDAY</b>	23	<input checked="" type="checkbox"/> <b>SUNDAY</b>	24
<input checked="" type="checkbox"/> <b>MORNING:</b>		<input checked="" type="checkbox"/> <b>MORNING:</b>	
<input checked="" type="checkbox"/> Almond Apricot Flakes	6	<input checked="" type="checkbox"/> Raisin Nut Flakes	6
<input checked="" type="checkbox"/> <b>MIDDAY:</b>		<input checked="" type="checkbox"/> <b>MIDDAY:</b>	
<input checked="" type="checkbox"/> Turkey Rollup	5	<input checked="" type="checkbox"/> Turkey Sandwich w...	5
<input checked="" type="checkbox"/> <b>EVENING:</b>		<input checked="" type="checkbox"/> <b>EVENING:</b>	
<input checked="" type="checkbox"/> Orange-Lemon Scallops	7	<input checked="" type="checkbox"/> Baked Beef Fajita	8
<input checked="" type="checkbox"/> <b>SNACK:</b>		<input checked="" type="checkbox"/> <b>SNACK:</b>	
<input checked="" type="checkbox"/> Throughout the Day	5	<input checked="" type="checkbox"/> Sweets and Treats	5
<input checked="" type="checkbox"/> <b>SATURDAY</b>	24	<input checked="" type="checkbox"/> <b>TUESDAY</b>	24
<input checked="" type="checkbox"/> <b>MORNING:</b>		<input checked="" type="checkbox"/> <b>MORNING:</b>	
<input checked="" type="checkbox"/> From the Coffee Shop	5	<input checked="" type="checkbox"/> Apple-Almond Topp...	6
<input checked="" type="checkbox"/> <b>MIDDAY:</b>		<input checked="" type="checkbox"/> <b>MIDDAY:</b>	
<input checked="" type="checkbox"/> Grilled Swordfish	6	<input checked="" type="checkbox"/> Bacon & Grill...	5
<input checked="" type="checkbox"/> <b>EVENING:</b>		<input checked="" type="checkbox"/> <b>EVENING:</b>	
<input checked="" type="checkbox"/> Indian Take-Out	8	<input checked="" type="checkbox"/> Turkey-Squash Shi...	8
<input checked="" type="checkbox"/> <b>SNACK:</b>		<input checked="" type="checkbox"/> <b>SNACK:</b>	
<input checked="" type="checkbox"/> On the Go	5	<input checked="" type="checkbox"/> Sweet and Salty S...	5
<input checked="" type="checkbox"/> <b>MONDAY</b>	23		
<input checked="" type="checkbox"/> <b>MORNING:</b>			
<input checked="" type="checkbox"/> Apricot Yogurt Sundae	5		
<input checked="" type="checkbox"/> <b>MIDDAY:</b>			
<input checked="" type="checkbox"/> Super Salad	6		
<input checked="" type="checkbox"/> <b>EVENING:</b>			
<input checked="" type="checkbox"/> Quick Bites Before...	7		
<input checked="" type="checkbox"/> <b>SNACK:</b>			
<input checked="" type="checkbox"/> Crunchy Snacks	5		

[add plan to my journal](#)

[view next week's plan](#) [see Daily View](#) [print](#)

need help?

[Learn more and answer questions in our meal plan user guide.](#)

- [meal plan user guide](#)
- [meal planner profile](#)
- [Plan for Me-Plan](#)
- [Special diet \(Regular\)](#)
- [POINTS range 22-27](#)
- [edit meal plan profile](#)
- [about meal plans](#)

FIG. 14

15/28

1500g

[find a meeting](#) | [about us](#) | [my profile](#) | [site map](#) | [help](#) | [LOGOUT](#)

[home](#) | [my plan](#) | [community](#) | [success stories](#) | [food & recipes](#) | [healthy life](#) | [fitness](#) | [just for me](#) | [shop](#)

[panic](#)

[Articles](#) | [Recipes](#) | [Meal Plans](#) | [Recipe Renovation](#) | [Recipe Search](#) | [Recipe Builder](#)

[my shortcuts](#) | [LOGOUT](#)  
to weight loss tools.

Welcome Kevin!  
[I'm not Kevin](#) | [edit profile](#)  
[Pick my avatars](#)

MY TOOLS

[JOURNAL](#)  
[WEIGHT TRACKER](#)  
[MEAL PLANS](#)  
[POINTS<sup>®</sup> CALCULATORS](#)  
[RECIPE SEARCH](#)  
[RECIPE BUILDER](#)

MY RESOURCES

[Intro to eTools](#)  
[Tools for Living](#)  
[Hot eTools Topic of the Week](#)  
[Eating Out Guide](#)  
[eTools Tip](#)  
[Exchange](#)

[Favorite Recipes](#) [edit](#)

[Favorite Boards](#) [edit](#)

MY MEETINGS

75202 | [edit](#)  
Enter a zip code below

[▶](#)  
[Don't know zip code](#)

MY NEWSLETTER & MORE  
[Choose your options](#)

GET HELP

[Frequently Asked Questions](#)  
[Contact Us](#)

meal plans

## my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[next day](#) | [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#) 1504

☒ MORNING:

[Swap for another meal?](#)

POINTS

- [Cheese Omelet](#) 6
- ☒ 3 medium egg white(s) 1
- ☒ 1 tsp basil 0
- ☒ 1 oz low-fat cheddar or colby cheese 1
- ☒ 1 slice high-fiber bread 1
- ☒ 1 cup canned fruit cocktail, packed in water 1
- ☒ 1 cup low-fat milk 2

☒ MIDDAY:

[Swap for another meal?](#)

POINTS

- [Veggie Chili](#) 5
- ☒ 1 cup Health Valley Wild Vegetarian Chili 2
- ☒ 1 cup fresh vegetable sticks 0
- ☒ 1 Tbsp reduced-calorie salad dressing 1
- ☒ 1 cup grapes 1
- ☒ 1 slice toasted wheat bread 1
- ☒ 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine 0

☒ EVENING:

[Swap for another meal?](#)

POINTS

- [Apricot Turkey Breast with Cinnamon Squash](#) 7
- ☒ 4 oz boneless, skinless turkey breast(s) 3
- ☒ 1 Tbsp apricot jam 1
- ☒ 1 tsp ground ginger 0
- ☒ 3/4 medium acorn squash 2
- ☒ 1/8 tsp ground cinnamon 0
- ☒ 1 Tbsp light butter 1
- ☒ 1 1/2 cup green snap beans 0

☒ SNACK:

[Swap for another meal?](#)

POINTS

- [Snacks and Treats](#) 5
- ☒ 1 cup 0-POINT soup 0
- ☒ 1 cup fresh vegetable sticks 0

need help?

[Learn more and answer questions in our meal plan user guide.](#)

[meal plan user guide](#)  
[meal planner profile](#)

[Plan for life-Plan Special diet/Regular](#)  
[POINTS range 22-27](#)

[edit meal plan profile](#)  
[about meal plans](#)

FIG. 15A



1500b

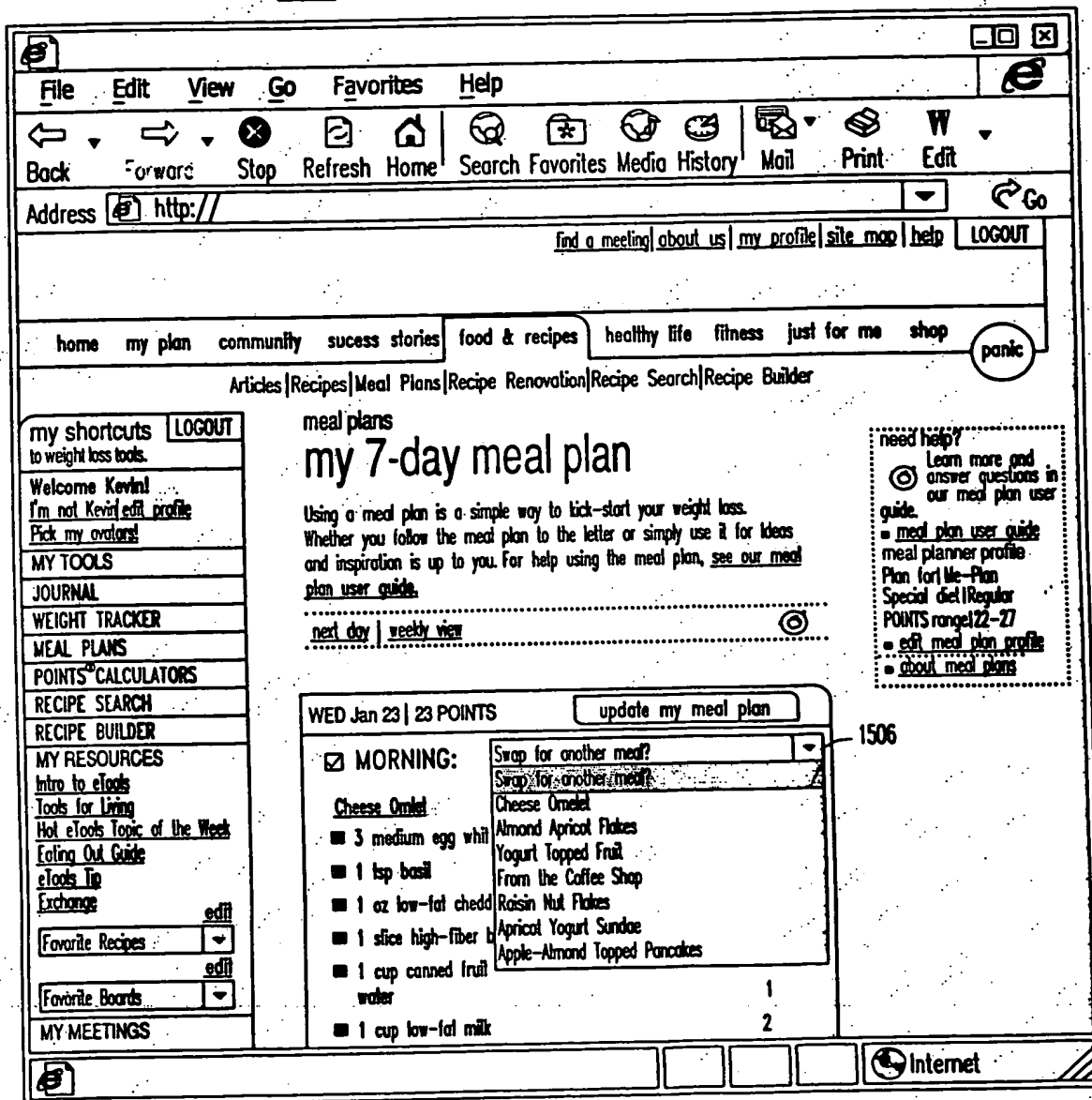


FIG. 15B

17/28

900e

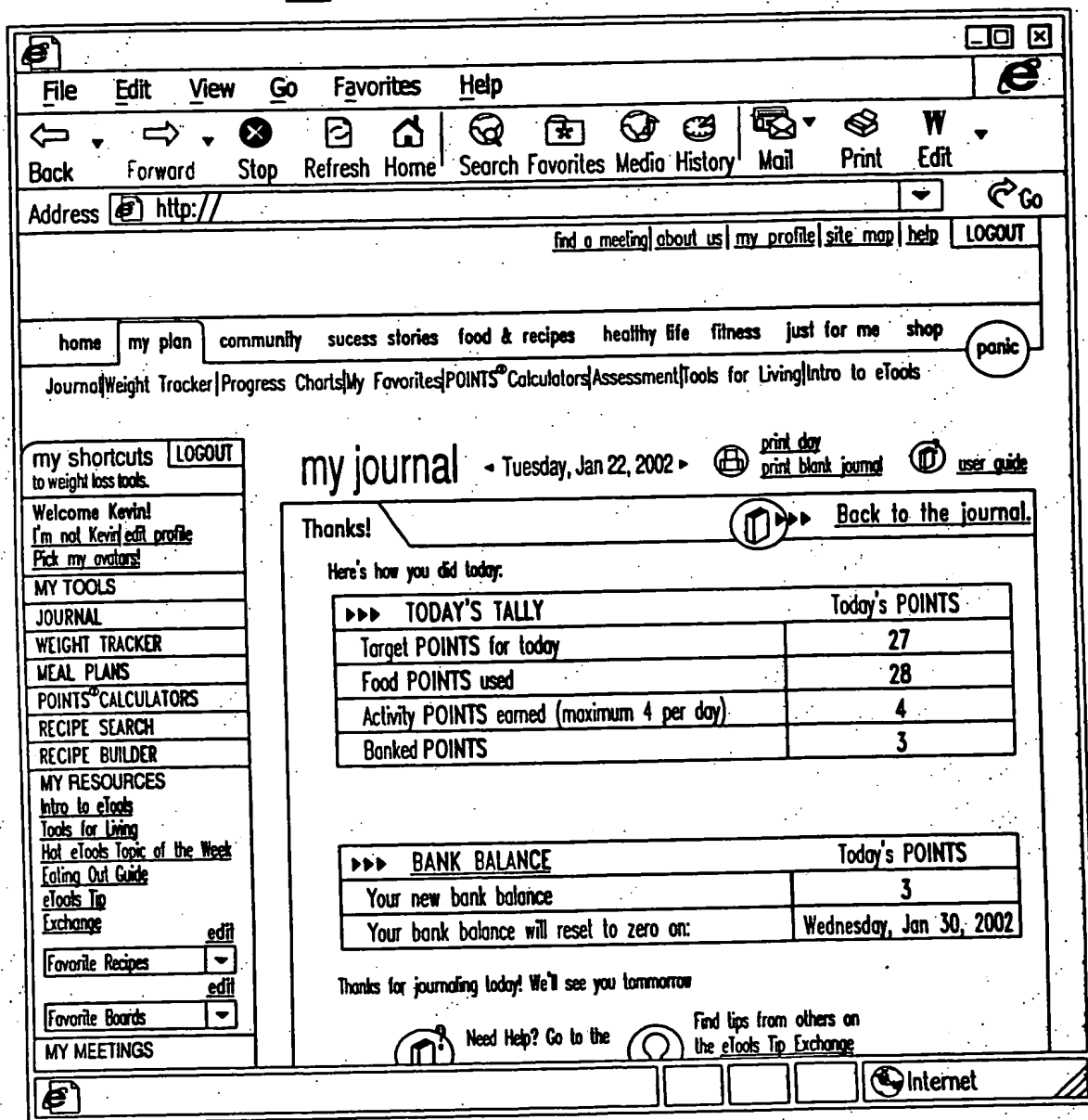


FIG. 16A

900f

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://> [find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#) [panic](#)

[Journal](#) [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS® Calculators](#) [Assessment](#) [Tools for Living](#) [Intro to eTools](#)

914 **my journal** ◀ Tuesday, Jan 22, 2002 ▶ Target: 27 Range: 22-27 Bank: 0 [print day](#) [print blank journal](#) [user guide](#)

**Your journal has been saved!**

Below is a summary of your POINTS Simply select the number of POINTS you wish to bank for the day and click "Yes"

Today's POINTS	
Target POINTS for today	27
Food POINTS used	28
Activity POINTS earned (maximum 4 per day)	4
Banked POINTS	3

Need Help? Go to the [Journal User Guide](#)

Find Tips from others on the [eTools Tip Exchange](#)

Are you done for the day and ready to BANK your POINTS?

Yes! Click "Yes" if you're done journaling for the day and want to bank any left over food or activity POINTS.

[Need help with banking?](#)

Internet

FIG. 16B

19/28

1700

[find a meeting](#) | [about us](#) | [my profile](#) | [site map](#) | [help](#) | [LOGOUT](#)

[home](#) | [my plan](#) | [community](#) | [success stories](#) | [food & recipes](#) | [healthy life](#) | [fitness](#) | [just for me](#) | [shop](#)

[panic](#)

[Articles](#) | [Recipes](#) | [Meal Plans](#) | [Recipe Renovation](#) | [Recipe Search](#) | [Recipe Builder](#)

[my shortcuts](#) [LOGOUT](#)  
to weight loss tools.

Welcome Kevin!  
[I'm not Kevin](#) | [edit profile](#)  
[Pick my avatars](#)

MY TOOLS

[JOURNAL](#)  
[WEIGHT TRACKER](#)  
[MEAL PLANS](#)  
[POINTS CALCULATORS](#)  
[RECIPE SEARCH](#)  
[RECIPE BUILDER](#)

MY RESOURCES

[Intro to eTools](#)  
[Tools for Living](#)  
[Hot eTools Topic of the Week](#)  
[Eating Out Guide](#)  
[eTools Tip](#)  
[Exchange](#)

[Favorite Recipes](#) [edit](#)

[Favorite Boards](#) [edit](#)

MY MEETINGS

[7/5/202](#) | [edit](#)  
Enter a zip code below

[Go](#)  
[Don't know zip code](#)

MY NEWSLETTER & MORE

[Choose your options](#)  
[GET HELP](#)  
[Frequently Asked Questions](#)  
[Contact Us](#)

recipes

## results of search or browse

Search Details: Keywords: chicken. Points Range: 5 to 7

Your search returned 48 recipes page 1 of 3 [prev](#) [next](#)

Browse

[All](#) [Find](#)

Search Keywords:

POINTS range:  to  [Find](#)

Looking for more options? [Refine your search.](#)

1702

Recipe, POINTS per serving

[Apple Braised Chicken](#), 5  
[Baked Chicken with Sun-dried Tomato Sauce](#), 5  
[Barbecue Chicken and Black Bean Pizza](#), 7  
[Basque Chicken](#), 7  
[Chicken and Dumplings](#), 5  
[Chicken and Sausage Gumbo](#), 6  
[Chicken Burritos](#), 5  
[Chicken Enchiladas](#), 7  
[Chicken Fajitas](#), 6  
[Chicken Fingers with Barbecue Sauce](#), 5  
[Chicken in Apricot Sauce](#), 5  
[Chicken Jambalaya](#), 6  
[Chicken Mole Wraps](#), 7  
[Chicken Poella](#), 7  
[Chicken Parmigiana Sandwich](#), 6  
[Chicken Poppers](#), 6  
  
[Chicken Pot Pie](#), 6  
[Chicken Salad in Whole-Wheat Bread Bowl](#), 5  
[Chicken Sauté with Pine Nuts](#), 6  
[Chicken Stewed with Artichokes and Tomatoes](#), 5

Course

[Main Meals](#)  
[Main Meals](#)  
[Main Meals](#)  
[Main Meals](#)  
[Main Meals](#)  
[Main Meals, Soups](#)  
[Main Meals](#)  
[Main Meals](#)  
[Main Meals](#)  
[Main Meals](#)  
[Main Meals](#)  
[Main Meals](#)  
[Main Meals](#)  
[Main Meals](#)  
[Main Meals](#)  
[Sandwiches](#)  
[Main Meals, Side Dishes](#)  
  
[Main Meals](#)  
[Main Meals](#)  
[Main Meals](#)  
[Main Meals](#)

Time

55 min  
30 min  
30 min  
45 min  
40 min  
33 min  
37 min  
60 min  
25 min  
22 min  
45 min  
50 min  
31 min  
330 min  
35 min  
20 min  
  
65 min  
20 min  
25 min  
50 min

FREE! for all visitors



Share your  
favorite recipes  
with new friends

[Go to community Recipe Shop](#)

for subscribers only

[POINTS calculator](#)  
Find POINTS for thousands  
of foods.  
[Calculate food POINTS](#)

[recipe plans](#)  
Find POINTS for your  
favorite recipes.  
[Calculate recipe POINTS](#)

[recipe plans](#)  
Get delicious meal  
suggestions for every day of  
the week  
[View Meal Plans](#)

[Learn more about  
subscriber benefits](#)

Browse

[All](#) [Find](#)

Search Keywords:

POINTS range:  to  [Find](#)

Looking for more options? [Refine your search.](#)

Your search returned 48 recipes page 1 of 3 [prev](#) [next](#)

FIG. 17

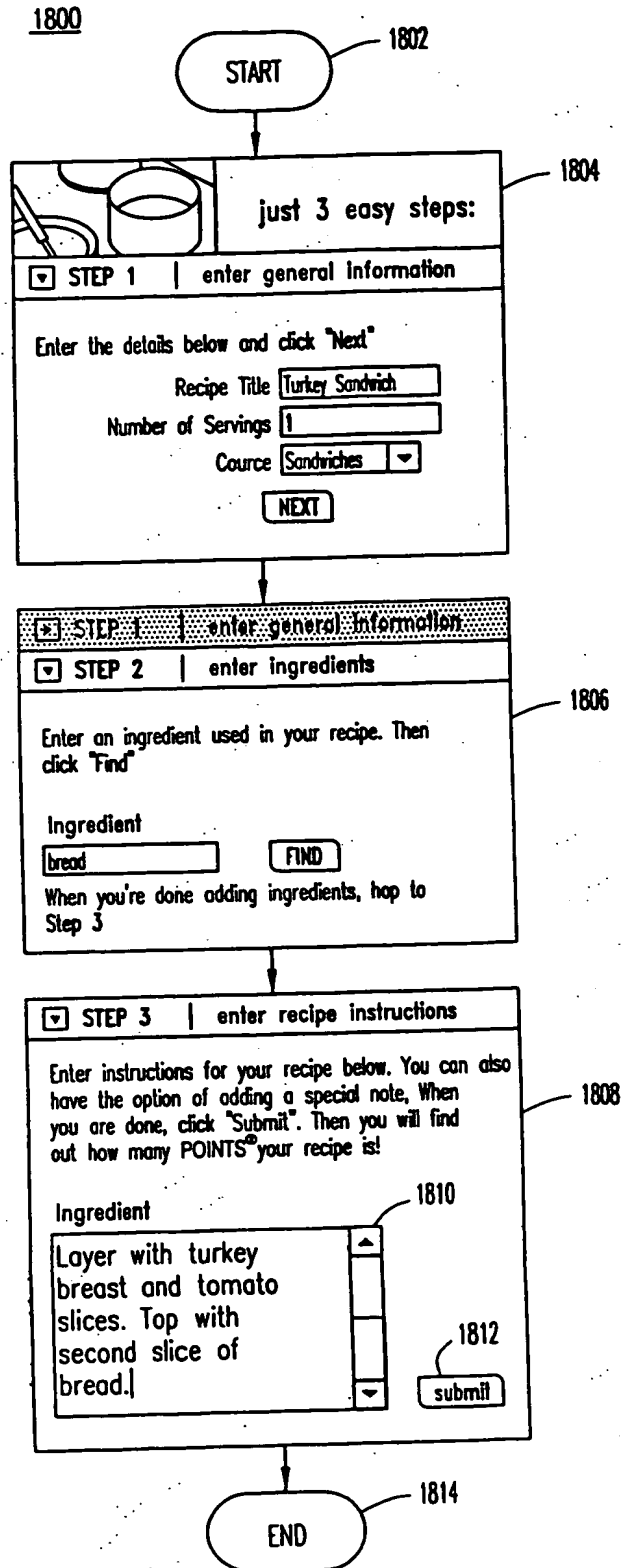


FIG. 18

806b

1900

find a meeting | about us | my profile | site map | help | LOGOUT

home | my plan | community | success stories | food & recipes | healthy life | fitness | just for me | shop | panic

Journal | Weight Tracker | Progress Charts | My Favorites | POINTS® Calculators | Assessment | Tools for Living | Intro to eTools

my shortcuts  
to weight loss tools.

LOGOUT

Welcome Kevin!  
I'm not Kevin | edit profile  
Pick my avatar

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS® CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

Intro to eTools

Tools for Living

Hot eTools Topic of the Week

Eating Out Guide

eTools Tip

Exchange

Favorite Recipes

Favorite Boards

MY MEETINGS

75202 | edit

Enter a zip code below

Don't know zip code

MY NEWSLETTER & MORE

Choose your options

GET HELP

Frequently Asked Questions

Contact Us

weight tracker

Wednesday, January 16, 2002

Total weight loss

10.0 LBS.

Most recent weight: 221.6lbs on 1/14/2002

POINTS® Range: 22-27

Meeting day: Monday

1902

Milestones: 5

Thank You

VIEW PROGRESS CHARTS

Thank you for logging your weight this week!

Please return next Monday to log your weight.

Share stories on Tales from the Scale

ENTER PREVIOUS WEIGHT

health & safety

getting to weight goal

learn more, weight less

we put your health and safety first. Learn about how your weight and weight-loss efforts can affect your health.

Whether you lost big this week or were a little disappointed, remember to take time out to get inspired all over again.

Make the scale your friend each week by getting tips from weight-loss experts and fellow dieters alike!

What's your BMI

Effects of Rapid Weight Loss

18 Ways to Reward Yourself

Create a Motivating Strategy

The Great Weigh-In

20 Weight Loss Tips (from Real Meeting-Goers!)

weight loss profile

Main

View & Edit Weights

Enter Previous Weights

Additional Information

Beyond the scale

Get a better grip on your weight-loss success the next time you carry groceries. Click the pounds to see what you'd have to lift.

1lb | 5lb | 10lb | 25lb

4 sticks of butter

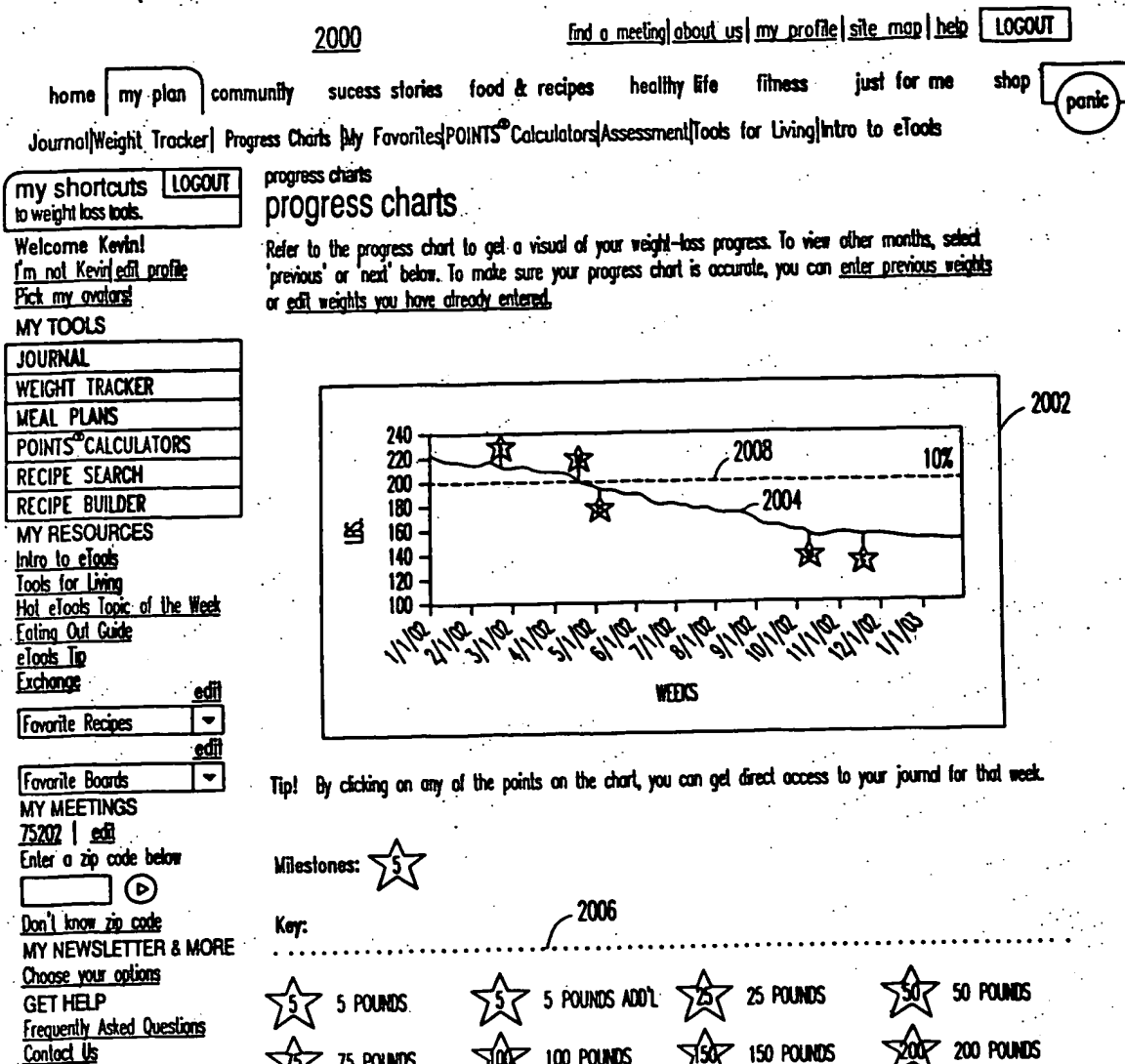


FIG. 20

2100

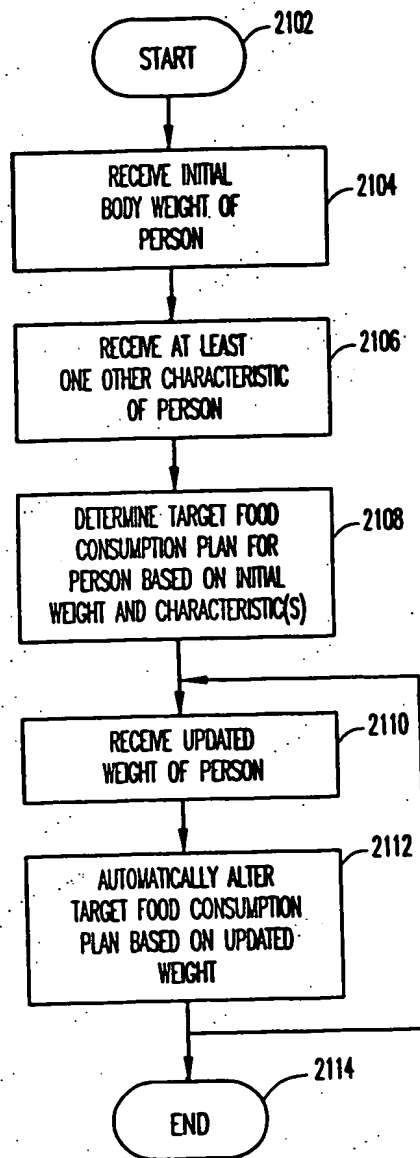


FIG. 21



2200

[find a meeting](#)
[about us](#)
[my profile](#)
[site map](#)
[help](#)

LOGOUT

[home](#)
[my plan](#)
[community](#)
[sucess stories](#)
[food & recipes](#)
[healthy life](#)
[fitness](#)
[just for me](#)

shop

826

panic

my shortcuts

to weight loss tools.

LOGOUT

Welcome Kevin!

[I'm not Kevin](#) [edit profile](#)

[Pick my avatars!](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS<sup>®</sup> CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

[Intro to eTools](#)

[Tools for Living](#)

[Hot eTools Topic of the Week](#)

[Eating Out Guide](#)

[eTools Tip](#)

[Exchange](#)

Favorite Recipes

edit

Favorite Boards

edit

MY MEETINGS

75202

edit

Enter a zip code below

▶

[Don't know zip code](#)

MY NEWSLETTER & MORE

[Choose your options](#)

GET HELP

[Frequently Asked Questions](#)

[Contact Us](#)

2202

don't *panic!*

...we know how hard it can be.

Never trade what you want at the moment  
for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our [message boards](#) and in our [chat rooms](#).

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- [I want to lose weight, but I can't seem to get started.](#)
- [My weight-loss is at a standstill](#)
- [I've fallen off the wagon.](#)
- [I'm thinking of quitting.](#)
- [I gained this week.](#)
- [I can't do this](#)
- [I just ate a whole chocolate cake.](#)
- [I can't stop overeating!](#)
- [Everybody I know is losing weight except me.](#)
- [I'm stressed!](#)
- [My family and friends keep bringing me food!](#)
- [My spouse doesn't seem to want me to lose weight.](#)
- [I'm planning a vacation. How will I stay on track while away?](#)
- [My friends have asked me to go out to eat with them.](#)

- [I have zero POINTS left for the day!](#)
- [Somebody just said something really hurtful to me.](#)
- [None of my jeans fit me anymore!](#)
- [I'm too big to fit into a bus seat.](#)
- [I'm going to have to stand in front of a crowd. People will notice me.](#)
- [I feel so lonely.](#)
- [I'm bored with trying to lose weight.](#)
- [I'm frustrated with trying to lose weight.](#)
- [I hate exercising.](#)
- [I've lost my motivation.](#)
- [I feel thinner and look thinner, but I'm not losing pounds.](#)

your best resource

Thousands of people just like you use our chat and message boards for

inspiration and encouragement. See how they tackled the problems you face.

- [chat with others now](#)
- [go to newbie board](#)

your best resource

Our leaders provide the best answers to all your questions about weight loss.

- [find a meeting](#)

get help

Paniccing cause you're having problems using some of the tools on our site?

- [frequently asked questions](#)

FIG. 22

**File Edit View Go Favorites Help**

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#)

[Journal](#) [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS<sup>®</sup> Calculators](#) [Assessment](#) [Tools for Living](#) [Intro to eTools](#)

**my shortcuts**   
to weight loss tools:  
[Welcome Kevin!](#)  
[I'm not Kevin](#) [edit profile](#)  
[Pick my avatars!](#)

**MY TOOLS**  
**JOURNAL**  
**WEIGHT TRACKER**  
**MEAL PLANS**  
**POINTS<sup>®</sup> CALCULATORS**  
**RECIPE SEARCH**  
**RECIPE BUILDER**  
**MY RESOURCES**  
[Intro to eTools](#)  
[Tools for Living](#)  
[Hot eTools Topic of the Week](#)  
[Eating Out Guide](#)  
[eTools Tip](#)  
[Exchange](#)   
[Favorite Recipes](#)   
[Favorite Boards](#)

**MY MEETINGS**  
[75202](#)   
Enter a zip code below  
   
[Don't know zip code](#)  
**MY NEWSLETTER & MORE**  
[Choose your options](#)  
**GET HELP**  
[Frequently Asked Questions](#)  
[Contact Us](#)

**my profile**  
**edit public profile**

Select another page in my profile:

Your public profile lets others using the site learn about you. To make a detail appear in your profile, check the "Add to public profile" box. You can also enter fun details, such as your favorite quote, below. When you are done, click "Submit."

Important: Any information you can consent to being publicly available can be seen by any user on this website. [Learn more about public profiles.](#)

☐ make public ☒ 2304

User name: John Smith 2302  
E-mail address: jsmith@workplace.com  
Birthdate: 07/14/66  
Gender: Male  
Marital status: Single  
Number of children: 0  
Profession: Professional (e.g. doctor, lawyer)  
Astrological sign: Cancer  
My home page: <http://www.workplace.com>  
Astrological sign: Beam me up, Scottie

Enter your start, goal and current weights below. It will display in this order in your signature: 180/169.4/141  
Start weight:  lbs  
Current weight:  lbs  
Weight goal:  lbs 2306

FIG. 23

2400a

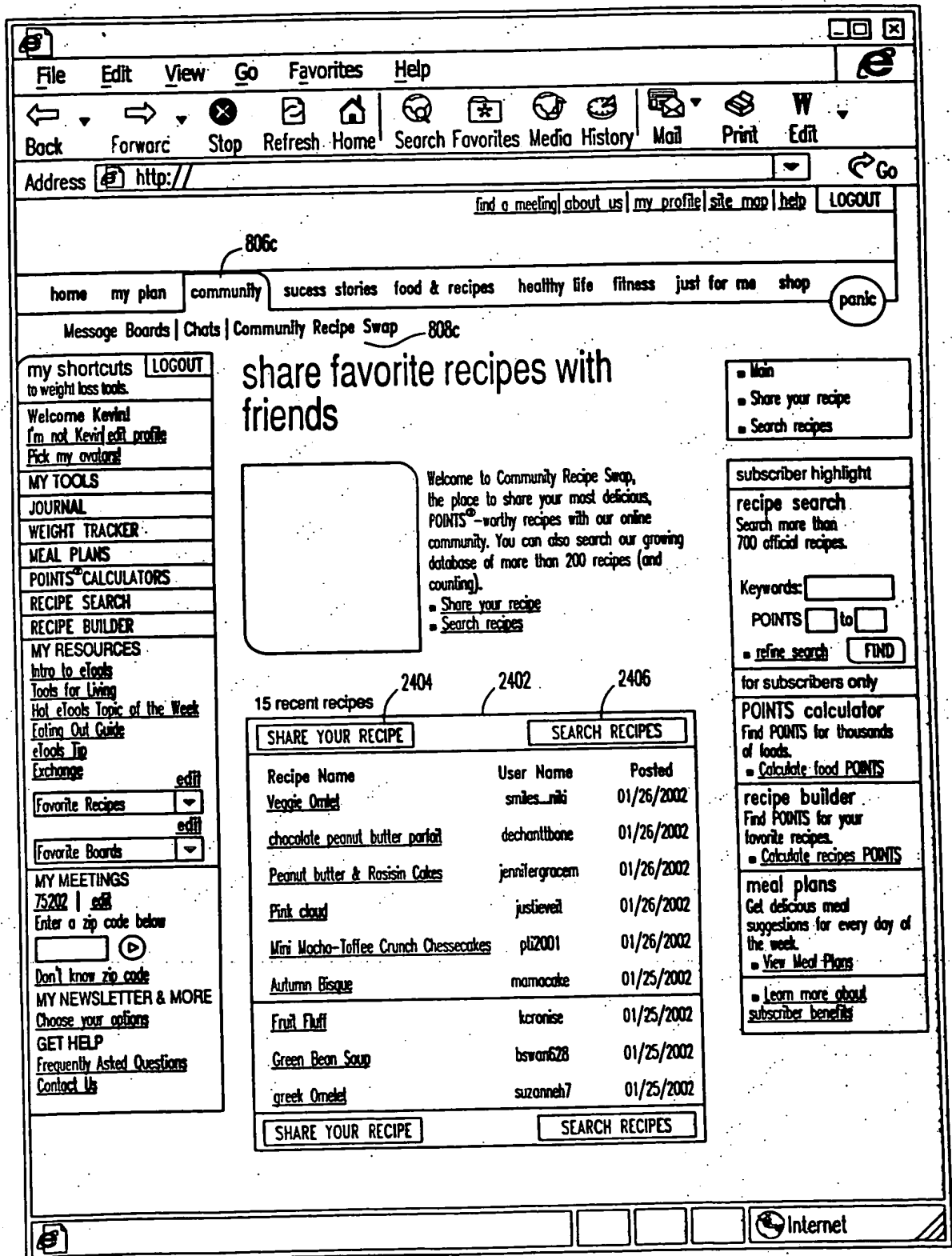


FIG. 24A

2400b

The screenshot shows a web browser window with the following elements:

- Browser Interface:** Includes a menu bar (File, Edit, View, Go, Favorites, Help), a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit), and an address bar showing 'http://'. A 'Go' button is next to the address bar.
- Navigation Links:** A horizontal bar contains links: 'home', 'my plan', 'community' (highlighted), 'sucess stories', 'food & recipes', 'healthy life', 'fitness', 'just for me', and 'shop'. A 'ponic' logo is on the right.
- Community Section:** Below the navigation bar, there are links for 'Message Boards', 'Chats', and 'Community Recipe Swap' (labeled 808c).
- Left Sidebar:** Contains a 'my shortcuts' section with links like 'Welcome Kevin!', 'I'm not Kevin! edit profile', and 'Pick my avatars!'. Below this are sections for 'MY TOOLS' (JOURNAL, WEIGHT TRACKER, MEAL PLANS, POINTS CALCULATORS, RECIPE SEARCH, RECIPE BUILDER), 'MY RESOURCES' (Intro to eTools, Tools for Living, Hot eTools Topic of the Week, Eating Out Guide, eTools Tip, Exchange), and 'MY MEETINGS' (75202 | edit, Enter a zip code below, Don't know zip code, MY NEWSLETTER & MORE, Choose your options, GET HELP, Frequently Asked Questions, Contact Us).
- Main Content Area:**
  - Section Header:** 'community recipe swap' (labeled 808c) followed by 'share your recipe'.
  - Text:** 'Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click "Submit". Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS®.'
  - Important Note:** 'IMPORTANT: You should only swap your personal recipes and not reipes that are someone else's or that you copied from publications such as cookbooks or magazines.'
  - Form Fields:**
    - Recipe Title:** A text input field (labeled 2410).
    - From the Kitchen of:** A label for the next field.
    - Meal Course:** A dropdown menu showing 'Breakfast' (labeled 2412).
    - Number of Servings:** A text input field (labeled 2414).
    - Estimated POINTS per serving:** A text input field (labeled 2416).
    - Ingredients:** A large text area with a vertical scrollbar (labeled 2418).
    - Instructions:** A large text area with a vertical scrollbar (labeled 2420).
    - Special Notes:** A large text area with a vertical scrollbar (labeled 2422).
  - Buttons:** At the bottom right of the form are 'RESET' and 'SUBMIT' buttons (labeled 2424).
- Browser Status Bar:** At the very bottom, it shows an 'Internet' icon and a status bar.

FIG. 24B

2400c

The screenshot shows a web browser window with the following elements:

- Browser Interface:** Includes a menu bar (File, Edit, View, Go, Favorites, Help), a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit), and an address bar showing "http://".
- Navigation Bar:** Contains links for "home", "my plan", "community", "success stories", "food & recipes", "healthy life", "fitness", "just for me", and "shop". A "panic" button is also present.
- Community Section:** Features "Message Boards", "Chats", and "Community Recipe Swap".
- Left Sidebar:**
  - my shortcuts to weight loss tools:** Includes "Welcome Kevin!", "I'm not Kevin! edit profile", and "Pick my oval!".
  - MY TOOLS:** Includes "JOURNAL", "WEIGHT TRACKER", "MEAL PLANS", "POINTS<sup>®</sup> CALCULATORS", "RECIPE SEARCH", and "RECIPE BUILDER".
  - MY RESOURCES:** Includes "Intro to eTools", "Tools for Living", "Hot eTools Topic of the Week", "Eating Out Guide", "eTools Tip", and "Exchange".
  - MY MEETINGS:** Includes "75/202 | edit" and "Enter a zip code below".
  - MY NEWSLETTER & MORE:** Includes "Choose your options".
  - GET HELP:** Includes "Frequently Asked Questions" and "Contact Us".
- Main Content Area:**
  - community recipe swap** (labeled 808c): "share your recipe".
  - Browse or search more than 2000 user-recommended recipes below.** (labeled 2426): Includes a "browse recipes" dropdown menu (labeled 2428a) and a "FIND" button (labeled 2428b).
  - search:** Includes a "Search by:" section with radio buttons for "recipe name" and "user name", an "Enter Name:" field, and a "FIND" button.
  - refine search** (labeled 2430): Includes a "Search for any combination of categories below. The more options you choose, the more refined your search will become." section.
  - Estimated POINTS<sup>®</sup>** (labeled 2432): Includes a "Range:" field and a "FIND" button.
  - Meal Courses** (labeled 2434): Includes checkboxes for "Beverages", "Breakfast", "Cakes", "Desserts", "Light Meals", "Main Meals", "Sandwiches", "Sauces", "Side Dishes", "Snacks", and "Soups".
  - Posting Date** (labeled 2436): Includes a "Search for recipes posted in the last" dropdown menu (labeled 2438) and a "FIND" button.
- Right Sidebar:**
  - subscriber highlight:** Includes "recipe search" (Find what you're craving, Search more than 700 official recipes), "Go to Recipe Search", and "Learn more about subscriber benefits".
  - for subscribers only:** Includes "POINTS calculator" (Find POINTS for thousands of foods, Calculate food POINTS), "recipe builder" (Find POINTS for your favorite recipes, Calculate recipes POINTS), "meal plans" (Get delicious meal suggestions for every day of the week, View Meal Plans), and "Learn more about subscriber benefits".

FIG. 24C